



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-25-12)

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### 100235 - CHERRIES, FROZEN, RED, TART, PITTED, 30 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade B cherries, no sugar added. Pit score of Grade A, allowance: 1 pit per 160 oz.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>30 lb case.</li><li>One 30 lb case AP yields about 52½ cups thawed, drained cherries and provides about 210.0 ¼-cup servings thawed, drained cherries OR about 342.0 ¼-cup servings of thawed cherries and juice OR about 177.0 ¼-cup servings cooked fruit and juice.</li><li>One lb AP yields 0.70 lb (about 1¾ cups) thawed, drained cherries and provides about 7.0 ¼-cup servings thawed, drained cherries OR about 11.4 ¼-cup servings thawed cherries and juice OR about 5.90 ¼-cup servings cooked fruit and juice.</li><li>CN Crediting: ¼ cup thawed cherries and juice OR ¼ cup of thawed drained cherries OR ¼ cup cooked cherries and juice provides ¼ cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store unopened frozen cherries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li><li>Store opened thawed cherries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>

### Nutrition Information

Cherries, red, frozen, unsweetened, unthawed

	¼ cup (39 g)	½ cup (78 g)
Calories	18	36
Protein	0.36 g	0.71 g
Carbohydrate	4.30 g	8.60 g
Dietary Fiber	0.6 g	1.2 g
Sugars	3.52 g	7.04 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.039 g	0.078 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.41 mg
Calcium	5 mg	10 mg
Sodium	0 mg	1 mg
Magnesium	3 mg	7 mg
Potassium	48 mg	96 mg
Vitamin A	17 RAE	34 RAE
Vitamin A	339 IU	678 IU
Vitamin C	.7 mg	1.4 mg
Vitamin E	0.02 mg	0.04 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Thaw cherries in the original container in the refrigerator. Allow 2 to 3 days to thaw (approximately 2 hr per lb). Before use, mix the fruit thoroughly to evenly distribute the sugar.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>Serve thawed cherries in fruit cups or salads.</li><li>Use as a topping for pudding/custard, ice cream. Use in recipes for jellied salads, desserts, pies, cobblers, or quick breads.</li><li>If frozen unsweetened cherries are substituted in a recipe that calls for sweetened cherries, increase the amount of sugar in the recipe.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>Do not refreeze cherries.</li><li>Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.